



# Connecting Together

How to make a lap sized weighted blanket 3kg or less; for less that \$20.

## Resources

- Sterilised sand 5kg (bags can be purchased from mitre 10, Bunnings or any hardware/garden store)
  - Duct Tape- 3 Rolls, select many different colours
  - Snap lock bags small-medium size
  - Bathroom scales
  - Material -optional
- 1) In an open area, which is clear and safe to be making a mess, as sterilized sand can get messy; open your bag of sand.
  - 2) Fill your snap lock bags, using a small cup, baking measuring cup, or spoon.
  - 3) Create 4 snap lock bags filled with sand and ensure the weight of all four bags is equal to 3 kg. 750g a bag
  - 4) Ensure each snap lock bag is sealed tightly closed
  - 5) Duct tape each bag closed securely.
  - 6) Lay each snap lock bag together in a box form, one and two side by side, three goes below one and four below two.
  - 7) Duct tape these together down the lines.
  - 8) Turn this around and do the same.
  - 9) Now, line by line fill in the blanks, Get creative and make it colourful, patterned, sequenced.
  - 10) Once it is covered in duct tape, it is easy to clean with spray and wipe/disinfectant.
  - 11) Covering this with material is optional.

